



Upper Mustang Trek - 17 Days

MUSTANG REGION

17 Days
DURATION

Easy
DIFFICULTY

USD \$1,400
FROM (PER PERSON)

QUICK FACTS

Duration		Trip Difficulty	
Activities		Accommodation	
Meals		Max Elevation	
Group Size		Best Time	

TRIP HIGHLIGHTS

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OVERVIEW

Embark on the adventure of a lifetime with our Upper Mustang Trek. Explore the legendary kingdom of Mustang and witness the rich culture and traditions of this hidden realm. While Lo-Manthang's 5-story palace is currently off-limits, you'll still experience the region's untouched natural beauty and vibrant cultural heritage. Our trek starts from Kathmandu, leading you through picturesque landscapes and ancient settlements to Pokhara. From there, a flight to Jomsom sets the stage for your trekking adventure. Traverse through villages like Kagbeni, Chele, Syangboche, and Ghami, taking in stunning views of the Annapurna range along the way. Highlights include Ghar Gumba, Lo Manthang, and the sacred site of Muktinath with its 108 bathing spouts. Finally, a flight back to Pokhara and a tourist bus to Kathmandu conclude your unforgettable journey. Book now for 2024 or 2025 and enjoy benefits like airport pickup, a trekking souvenir, medical supplies, and more. Contact us for pricing or to customize your trekking experience.

DAY-BY-DAY ITINERARY

DAY 1 Arrive in Kathmandu Nepal and transfer to hotel

Upon arrival at Tribhuwan International Airport, our agent will greet you, arrange a private ride to your hotel, and assist with check-in. After settling in, you can relax or explore Kathmandu's attractions. Later, during the Upper Mustang Trek briefing, meet your guide and obtain any necessary equipment.

DAY 2 Drive from Kathmandu 1420m to Pokhara 820m

Meals: breakfast

Your Upper Mustang Trek begins with an early breakfast and a scenic 6 to 7-hour bus journey from Kathmandu to Pokhara. En route, you'll pass by the picturesque Trishuli and Marsyangdi rivers, lush Rocky Mountains, and charming villages. In Pokhara, soak in the beauty of its serene lakes including Begnas, Fewa, and Rupa, and enjoy stunning views of Annapurna, Machapuchare, and Dhaulagiri. After checking into your hotel, take a leisurely stroll along the lakefront, rent a boat on Fewa Lake, or unwind at a lakeside pub before dinner.

DAY 3 Flight from Pokhara to 820m to Jomsom 2720m and trek to Kagbeni 2820m

Meals: breakfast

Your Upper Mustang Trek begins with an early breakfast and a scenic 6 to 7-hour bus journey from Kathmandu to Pokhara. En route, you'll pass by the picturesque Trishuli and Marsyangdi rivers, lush Rocky Mountains, and charming villages. In Pokhara, soak in the beauty of its serene lakes including Begnas, Fewa, and Rupa, and enjoy stunning views of Annapurna, Machapuchare, and Dhaulagiri. After checking into your hotel, take a leisurely stroll along the lakefront, rent a boat on Fewa Lake, or unwind at a lakeside pub before dinner.

DAY 4 Trek from Kagbeni 2810m to Chele 3055m

To avoid the strong afternoon winds in Mustang, start your trek early in the morning. Submit your Upper Mustang trekking permit at the Kagbeni checkpoint before heading to Chhusang along the eastern bank of the Kali Gandaki River. Enjoy stunning views of Mt. Nilgiri shining orange in the early morning light. Be prepared with sunglasses and a face mask to protect against wind and dust along the riverbank. Continue your journey through the unique red sandstone pillars and rock formations of Mustang, reaching Tangbe Village. Admire the charming red and whitewashed homes, apple orchards, and barley fields. From there, traverse a narrow canyon to reach Chele, a small settlement nestled on a ridge.

DAY 5 Trek from Chele (3055m) to Syangboche (3930m)

Today's trek in Upper Mustang presents a slightly increased difficulty level as you ascend approximately 800 meters. From Chele, you'll climb a steep spur and canyon towards Eklo Bhatti, eventually reaching the high pass of Taklam La (3625 m). Along the way, enjoy panoramic views of Tilicho Peak, Damodar Danda, and Yaskawa Kang. Passing through Taklam La, you'll proceed to Samar, where you'll be treated to stunning views of Mount Nilgiri. Samar is a popular resting spot for horse and mule caravans, offering a picturesque setting to relax. Continuing from Samar, you'll descend into a sizable gorge, passing the vibrant Rangchhung Chorten adorned in red, black, yellow, and white. Your journey then leads you through juniper trees and the renowned Ramchung Cave before reaching Syangboche after about three hours of trekking.

DAY 6 Trek from Syangboche (3055m) to Ghami (3520m)

Starting from Syangboche, your Upper Mustang Trek continues through the stunning landscape of the region. Begin your day with a climb to Yamada La Pass (3845m), offering breathtaking views of the desert environment and outlying villages. Enjoy the majestic scenery of the Kali Gandaki canyon and surrounding mountains as you ascend. Pass through Tamagaon and Chhunggar, immersing yourself in traditional communities before reaching Jhaite. Traverse through poplar trees and barley fields until you reach Nyi Pass (4010m), where the ascent becomes more challenging. Descend along a tranquil path to Ghami, enjoying the serene surroundings along the way.

DAY 7 Trek from Ghami (3520m) to Charang (3560m)

Meals: breakfast

After a delightful breakfast, embark on your adventure through the driest area of Mustang. Begin your Upper Mustang Trek with ascents to Charang, crossing the Ghami Khola and reaching a plateau adorned with a remarkable 250-meter-long Mani wall. The highlight of the day is reaching the breathtaking Tsarang La Pass (3870m), offering panoramic views of the Rocky Mountains, sparsely populated areas, and snow-capped peaks. From Charang, admire the picturesque alpine village and its notable medieval fort and crimson Gompa, showcasing an impressive collection of sculptures

DAY 8 Trek from Charang (3560m) to Lo-Manthang (3810m)

Today marks the culmination of your Upper Mustang Trek as you journey towards Lo-Manthang, your final destination. From Charang, descend into the Charang Chu Canyon before beginning a gradual ascent along a broad trail. Marvel at the breathtaking views of Dhaulagiri, Annapurna, and other majestic Himalayan peaks along the remote trek. Pass through the picturesque Sungda Chorten and the Lo Pass (3850m), offering stunning vistas of Nilgiri, Annapurna I, Bhrikuti, and Tilicho peaks. Once the capital of the Kingdom of Lo, Lo-Manthang is surrounded by walls and home to several Lo communities. Though no longer a kingdom since 2008, it retains its rich cultural heritage and charm.

DAY 9 Exploring Lo-Manthang (3810m)

Today is your acclimatization and exploration day in Lo-Manthang as per the Upper Mustang Trekking Itinerary. This charming village, located about 50 kilometers from the Tibetan border, once served as a bustling commercial hub for garments and salt trade between Nepal and Tibet. One of the most striking features of Lo-Manthang is its 6-meter wall, adorned with stunning towers that greet you at every turn. Within this walled city, you'll discover numerous cultural and religious sites, including the Thubchen Monastery, museum, Jampa Monastery, and places for Thangka paintings. While the region was opened to visitors in 1992, only a limited number of travelers, around 1000 yearly, are permitted to visit this enchanting location. Access is restricted to travelers from authorized trekking agencies. After a day of exploration, you'll return to your accommodation to rest for the night.

DAY 10 Trek from Lo-Manthang (3810m) to Yara (3650m)

Meals: lunch

Today, you'll leave Lo-Manthang and journey through Lo La before reaching Dhi, marking the beginning of your remarkable Upper Mustang Trekking with Muktinath. Enjoy panoramic views along the way as you hike along a ridge and descend steeply through rugged cliffs to reach Dhi. Dhi is a picturesque settlement nestled along the banks of the Kali Gandaki River, featuring charming homes, fields, and trees. Take a break for lunch before continuing to Yara, a lovely village situated high above the river. Like many villages in Upper Mustang, Yara boasts terraced fields and traditional houses. Keep an eye out for local women selling bracelets and trinkets near your lodge—a unique encounter in this tranquil setting.

DAY 11 Trek from Yara (3650m) to Tangge (3340m)

On your adventurous Upper Mustang Trek from Yara, prepare to navigate peculiar cliffs and traverse stunning plateaus. As you journey through the Dhechyang Khola valley towards Tangge, soak in breathtaking Himalayan vistas. Keep an eye out for Shaligram (Ammonoid fossils) along the riverbank, adding a unique touch to your trek. The final descent to Tangge reveals a breathtaking vista, with the settlement nestled under towering granite cliffs. Marvel at the scenic surroundings, including a wide riverbed and the iconic Mustang Mountains. Tangge boasts vibrant chortens and stunning mani walls, offering captivating sights at every turn. Be charmed by the warm hospitality of the villagers and the majestic Mustang horses in Tangye village—a truly unforgettable experience.

DAY 12 Trek from Tangge (3340m) to Chhusang (2980 m)

Today's journey from Tangge to Chhusang is the longest day of the entire Upper Mustang Trek with Muktinath, so an early start is essential. As you trek, soak in the stunning scenery, including nearby villages, rivers, cliffs, and majestic Himalayan peaks. The trail to Pa, a deserted village, involves some challenging climbs and descents, offering breathtaking views and unique rock formations along the way. Keep an eye out for the snow-capped peaks of Dhaulagiri, Tukuche, and Nilgiri in the distance. After passing through Pa, the trek continues via the Siyarko Tangk Danda route to Chhusang, passing through Chhomnang. Along the way, you may even catch sight of a Himalayan salt mine in Nepal a fascinating glimpse into the local livelihoods.

DAY 13 Trek from Chhusang (2980m) to Muktinath (3750m)

Today, your Upper Mustang trek will lead you from Chhusang through Tetang, Gyu Lo Pass, and Jhong, finally reaching the sacred site of Muktinath. At Gyu Lo Pass, take in awe-inspiring views of the Himalayan peaks extending into Tibet, while glimpsing the distant Annapurna range. Muktinath holds significance for both Hindu and Buddhist pilgrims, drawing visitors seeking spiritual solace. It's also a key point for trekkers completing the Annapurna Circuit. Known as "A Hundred Waters" in Tibetan, Muktinath boasts an eternal flame, 108 bathing spouts, a Buddhist monastery, and Hindu temples nestled within its walls—a truly sacred and serene destination.

DAY 14 Trek from Muktinath (3750m) to Jomsom (2720m)

Today's journey from Muktinath to Jomsom marks another leg of your Upper Mustang trek. While it's a lengthy trek, the descent makes it easier than the ascent. Passing through charming Thakali villages like Ranipauwa and Jharkot, you'll reach Lupra, nestled in a serene valley. Here, you may visit a Bonpo Buddhist cave monastery, with Lama Tuku Lama monastery perched above. The panoramic views of Dhaulagiri, Nilgiri, and Tukuche are simply breathtaking. Continuing along the Panda River, you'll eventually join the path to Jomsom, the bustling administrative hub of Mustang district, situated along the banks of the windy Kali Gandaki River valley.

DAY 15 Flight from Jomsom (2720m) to Pokhara (822m)

After an early start to catch the stunning sunrise, you'll board a short 25-minute flight to Pokhara. Along the way, you'll be treated to breathtaking mountain vistas. Once in Pokhara, take some time to wander around the charming lakeside city, reflecting on your successful Upper Mustang trek with Muktinath. Pokhara offers a plethora of attractions to explore, including Phewa Lake, the World Peace Stupa, Devi's Fall, and the International Mountain Museum. Don't forget to indulge in the Lakeside area's cozy cafes, vibrant restaurants, and lively nightlife to unwind after your adventure.

DAY 16 Drive from Pokhara (822m) to Kathmandu (1400m)

After waking up in Pokhara, you'll embark on a tourist bus journey back to Kathmandu. The scenic 205-kilometer route follows the mesmerizing Marsyangdi River and then the Trishuli River. Along the way, you'll pass through charming market areas like Damauli bazaar, Dumre bazaar, and Mugling Bazaar, offering glimpses of hills, rivers, and snow-covered mountains. Upon arriving in the Kathmandu valley, our team member will help you settle into your accommodation. Take some time to freshen up before enjoying your final evening in Nepal, whether it's shopping or exploring Thamel, to wrap up your memorable Upper Mustang trekking journey.

DAY 17 Final departure to your country

As your Upper Mustang trek with Muktinath comes to a close, our team will ensure you reach the airport in time for your flight. If you wish to extend your vacation, we're here to assist with the arrangements. Alternatively, if your flight is scheduled for later in the evening, you can spend some time shopping for gifts for your loved ones. Safe travels!

WHAT'S INCLUDED / NOT INCLUDED

Transportation
+ Private coach service for airport pick-up and drop-off
+ Round-trip flight tickets between Pokhara and Jomsom, including airport taxes
+ Tourist bus tickets between Kathmandu and Pokhara (round trip)
Accommodation
+ Two nights’ accommodation with breakfast at a standard hotel in Pokhara
+ Accommodation during the trek at the best available tea houses
Meals & Drinking Water
+ Three meals a day (breakfast, lunch, and dinner) with tea and coffee during the trek
+ Water purification tablets
Guides & Porter Services
+ Experienced trekking guide and porter, including their food, accommodation, salary, insurance, equipment, and transportation
Permits & Fees
+ Annapurna Conservation Area Permit (ACAP) and Trekkers’ Information Management System (TIMS) card
+ Upper Mustang Restricted Area Permit
Taxes & Service Charges
+ All tourist service charges, VAT, and company service charges